



Vegetable Lasagna with Cream Sauce

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Vegetable lasagna with white sauce is a quick and easy dinner. Packed with veggies, cheese, and a store-bought alfredo sauce, this vegetarian lasagna is decadent and delicious.

Servings: 12 → 48

PREP TIME

15 MIN

COOKING TIME

45 MIN

TOTAL TIME

1 HRS

Ingredients

1 cup unsalted butter
4 yellow onion, diced, small
4 pounds baby bella mushrooms, sliced
6 pounds alfredo sauce
1 tablespoon plus 1 teaspoon oregano
1 tablespoon plus 1 teaspoon basil

LAYERS

2 pounds lasagna noodle
3 pounds 12 ounces Ricotta cheese
2 pounds 8 ounces frozen spinach, thawed
12 cups shredded mozzarella cheese
3 cups shredded parmesan cheese

Nutrition

Calories 489, Total Fat 38g, Saturated Fat 23g, Trans Fat 1g, Polyunsaturated Fat 1g, Monounsaturated Fat 9g, Cholesterol 113mg, Sodium 896mg, Total Carbohydrates 17g, Dietary Fiber 2g, Sugar 2g, Protein 21g, Vitamin A 4373IU, Vitamin C 4mg, Calcium 565mg, Iron 1mg, Phosphorous 432mg, Potassium 384mg

Cooking instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Thawing CCP: Defrost spinach in the refrigerator, in cold water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
3. Preheat the oven to 350°F (180°C) conventional/325°F (160°C) convection
4. Prep onions, mushrooms and spinach as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
CCP: Clean lids before opening canned goods.
5. In a sauté pan, melt the butter. Next add in the onions and mushrooms and cook for about 3 minutes.
6. Pour in the alfredo sauce. Sprinkle in the oregano and the basil and cook for a few more minutes.
7. Spread 1/3 of the sauce onto the bottom of baking pan.
8. Top the sauce with lasagna noodles.
9. Add 1/2 the spinach, and spread 1/2 the ricotta cheese onto the first layer of noodles, followed by 1/3 of the mozzarella cheese and a 1/3 of the Parmesan cheese.
10. Add lasagna noodles and repeat with 1/2 the ricotta, 1/3 of the mozzarella and a 1/3 of the Parmesan cheese.
11. Top with the remaining noodles, the remainder of the mushroom sauce and the remainder of the mozzarella/parmesan cheese.
12. Cover and bake approximately 40 to 45 minutes (¼ less time convection) to the stated CCP temperature.
CCP: Cook to a minimum internal temperature of 165 °F (74°C).
13. Cool for 15 minutes before cutting. Hold for service.
CCP: Hold at an internal temperature of 140°F (60°C) and above.

Serving instructions

Serve 1 each (3 inches by 3 inches) using a spatula for approved diet types and textures.

****DIET TYPES****

Diabetic (CCHO): YES

Heart Healthy/Cardiac: Herb Baked Chicken Breast OR Lemon Baked Fish AND Buttered Pasta

Low Sodium: Herb Baked Chicken Breast OR Lemon Baked Fish AND Buttered Pasta

Vegetarian: YES

Gluten Free: Herb Baked Chicken Breast OR Lemon Baked Fish AND Buttered Pasta

****TEXTURES & CONSISTENCIES****

FF: Finger Food Beef Ravioli with Tomato Sauce

EC7/Soft: YES, remove crispy topping

SB6: Soft & Bite Sized Herb Baked Chicken OR Soft & Bite Sized Lemon Baked Fish AND Soft & Bite Sized Buttered Pasta

MM5: Minced & Moist Herb Baked Chicken OR Minced & Moist Lemon Baked Fish AND Minced & Moist Buttered Pasta

PU4: Pureed Herb Baked Chicken OR Pureed Lemon Baked Fish AND Cream of Rice OR Mashed Potatoes OR Rubicon Pureed Pasta

Allergens

milk, gluten, lactose, wheat

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 1.30.25. Updated 4.22.25. You do not have to boil lasagna noodles or purchase no boil lasagna noodles as long as you bake covered and allow steam to cook the noodles during the baking process.

Equipment

saute pan, baking pan, spatula

Tags

diabetic, ec7, soft, easy to chew, easy, spatula, baking pan, saute pan, vegetarian, iheartrecipes.com, parent recipe, vegetable, pasta, entree, entree/main dish, dinner, lunch, italian, regular
